

FITNESS CLASSES – May & June 2013

Name _____

Address _____

Town/Zip _____

Phone _____

E-mail _____

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

☐ Cash ☐ Check Check No. _____

For office use only ☐

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Jan's Exercise <i>No class on May 27</i>	1-day May 1 - 31	M W F	9 am	5	\$18	\$24
	2-day May 1 - 31	M W F	9 am	10	\$30	\$40
	3-day May 1 - 31	M W F	9 am	13	\$36	\$48
Jan's Exercise	1-day Jun 3 - 28	M W F	9 am	4	\$15	\$20
	2-day Jun 3 - 28	M W F	9 am	8	\$24	\$32
	3-day Jun 3 - 28	M W F	9 am	12	\$33	\$44
Line Dancing <i>No class on May 27</i>	May 6 – Jun 24	Mon	1 pm	7	\$21	\$28
Line Dancing – Introduction <i>No class on May 16</i>	May 2 – Jun 27	Thur	4 pm	8	\$24	\$32
Pilates	May 2 – Jun 27	Thur	4:30 pm	9	\$36	\$45
Simply Stretch & Strengthen <i>Mondays - No class on May 27</i>	May 6 – Jun 24	Mon	10:30 am	7	\$21	\$28
Simply Stretch & Strengthen Fridays	May 3 – Jun 28	Fri	10:30 am	9	\$27	\$36
Stretch, Roll & Strengthen with Dan	May 7 – Jun 25	Tues	10:30 am	8	\$24	\$32
Tai Chi - Advanced Beginner	May 7 – Jun 27	Tues	8:45 am	8	\$40	\$48
Tai Chi - Intermediate	May 2 – Jun 27	Thurs	8:45 am	9	\$45	\$54
Tai Chi – Introduction	May 1 – Jun 26	Wed	3:30 pm	8	\$24	\$32
Yoga – Chair and Standing <i>No class on May 28</i>	May 7 – Jun 25	Tues	11 am	7	\$28	\$35

Yoga – All Levels <i>No class on May 28</i>	May 7 – Jun 25	Tues	9 am	7	\$28	\$35
Yoga – All Levels <i>No class on May 28</i>	May 7 – Jun 25	Tues	10 am	7	\$28	\$35
Yoga – All Levels – Evening	May 2 – Jun 27	Thurs	6 pm	9	\$36	\$45
Zumba Gold – Chairs	May 7– June 25	Tues	11:30 am	8	\$24	\$32
Zumba Gold <i>No class on May 27</i>	May 6 – Jun 24	Mon	6:30 pm	7	\$28	\$35
Zumba Gold	May 1 – Jun 26	Wed	10:30 am	9	\$36	\$45
Zumba Gold	May 1 – Jun 26	Wed	6 pm	9	\$36	\$45
Zumba Gold	May 3 – Jun 28	Fri	11:45 am	9	\$36	\$45
Circle Choices & Total						